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NEWS WORTH SHARING.

Doughty finishes Finns

Team Canada defenceman Drew Doughty celebrates his winning overtime goal against Finland at the 2014 Sochi Winter Olympics on Sunday. The Canadians beat the Finns 2-1, with Doughty scoring both goals. SEE STORY, PAGE 16

NATHAN DENETTE/THE CANADIAN PRESS

WHAT TO WATCH FOR IN SOCHI

- **7 a.m.** Tessa Virtue and Scott Moir go for another gold in ice dance.
- **8:15 a.m.** Canada has three teams in the running for the podium in two-man bobsled.
- **9:00 a.m.** Canada's women's hockey team faces Switzerland in the semifinals.

GREG DOWNS/FOR METRO

Mayor getting a little heat over HootSuite

An upstart political party thinks Gregor Robertson should be kicked out of office for what it claims was a sweetheart deal between the city and the social media company PAGE 2

It was 'perfect' time to come out: Page's pal

Friend of Canadian actress was proud and tearful while watching announcement, says it was more important for her to be herself and stop 'living a lie' PAGE 4

Working fast is a part of our Heritage

Time is of the essence as the NHL officially takes over BC Place only days before the Heritage Classic between the Canucks and Ottawa Senators PAGE 18

NEWS 1

Deadly accident

Man dies after being hit by vehicle in Surrey

A man was killed in Surrey after being struck by a vehicle on King George Boulevard early Saturday morning.

The man was attempting to cross King George Boulevard near 64th Avenue just after 6 a.m. when he was hit by the northbound vehicle, RCMP said in a statement. He has not been publicly identified.

The man was taken to hospital, but was later pronounced dead.

The driver of the vehicle remained at the scene and is co-operating with police.

METRO

West Kootenay

Snowmobiler's last act may have saved a life: Wife

The wife of an Alberta snowmobiler who died in an avalanche in the West Kootenay region on Saturday says her husband's last act may have saved someone's life.

Kathy McCoy says she has been told by family members that Chris McCoy, her husband of five years, tried to help a man whose snowmobile became stuck just before they were caught in an avalanche.

"He'd always be the first one getting in there helping someone," said McCoy. "If he hadn't, I don't know what would've happened had he not gone in to get him unstuck." Chris, who had just celebrated his 36th birthday on Valentine's Day, died from his injuries, but the man he tried to help survived, she said.

THE CANADIAN PRESS

Abbotsford

Police investigate possible human remains

Police in Abbotsford say remains that appear to be human have been discovered along the Fraser River.

Police say a pedestrian discovered the remains entangled in debris Sunday morning.

Forensic teams were on scene, but there were no other details at press time.

THE CANADIAN PRESS

HootSuite CEO Ryan Holmes and Mayor Gregor Robertson at the company's Vancouver headquarters in 2013. INSTAGRAM/@VANMAYORSOFFICE

Mayoral hopeful sues Gregor Robertson

Allegations. Petition alleges Vancouver mayor received 'significant' campaign and election contributions from HootSuite

An upstart political party thinks Mayor Gregor Robertson should get kicked out of office for conflict of interest in what it believes was a sweetheart deal between the city and social media company HootSuite.

Cedar Party mayoral candidate Glen Chernen and others filed a petition in B.C. Supreme Court on Friday alleging that Robertson received "significant" campaign and election contributions from HootSuite and broke the Vancouver Charter when he voted in an in camera meeting to grant the tech giant the lease to a city-owned building at 5 East 8 Ave. in 2012.

Should the judge agree Robertson was in conflict — which applies if the mayor had a direct or indirect financial interest — he would be disqualified from holding office.

The lawsuit alleges the deal was inked after the mayor held a Twitter town hall at the company's headquarters days before the 2011 election, attended a party thrown by CEO Ryan Holmes, exchanged in back-and-forth Twitter banter and received a HootKit from the company.

A HootKit contains stickers and a T-shirt.

HootSuite's help with the Twitter town hall, a popular strategy to answer questions online used by politicians including U.S. President Barack Obama, was a key to winning the election for Vision Vancouver, Chernen said Sunday.

The "massive conflict" stems from the mayor's "huge undertaking" to form a relationship with the company and then not declare a conflict of interest in the secret meeting to grant the lease, Chernen said.

"HootSuite is a great company doing a great job, but they were given a deal no one else had the opportunity to have," he said.

The city finally revealed details of the lease in January after Chernen battled for the information. He believes it's under market value.

But the mayor's office says the lawsuit is "bizarre." Other offers to rent the space were well below market value, according to the city, and the mayor has publicly stated that he spent a year trying to recruit the billion-dollar company to keep its head office in the city.

"It's disappointing to see these bizarre claims being made. As Mayor, I'm very proud of the strong local tech companies that are investing in Vancouver, and City Hall will continue to support the new jobs they are creating in our city's growing economy," according to a statement.

Neither HootSuite nor its CEO contributed cash to Vision Vancouver during the 2011 election campaign, according to disclosure statements.

HootSuite believes the transaction was done at fair market value, communications manager Sandy Pell said in an email Sunday.

EMILY JACKSON/METRO

Grand Chief Stewart Phillip's Tahoe following a crash Friday on Highway 3. CONTRIBUTED/UBCIC

Crowsnest Highway. Grand Chief Stewart Phillip injured in car crash

A high-profile aboriginal leader is recovering in hospital in Penticton following a scary car crash Friday night on icy Highway 3 east of Hope.

Grand Chief Stewart Phillip, president of the Union of B.C. Indian Chiefs, hit a patch of black ice and snow on the Crowsnest Highway, about 24 kilometres east of Hope. His purple Chevy Tahoe left the highway, crashed into a rock face and flipped onto its roof.

In a statement Saturday, Phillip, his wife and family, offered thanks to the people who stopped to render first aid, first responders and the doctors and nurses at Fraser Canyon Hospital.

He has since been transferred to Penticton Regional Hospital. JEFF HODSON/METRO

Abbotsford. Semi truck spilled diesel into stream, police say

Police are investigating an accident that resulted in some diesel spilling into a stream in Abbotsford.

Abbotsford police Const. Paul Walker says a power transformer on Manufacturers Way was knocked down by a semi truck that was performing a U-turn early Saturday.

He says a diesel tank being hauled by the vehicle was ripped open in the accident, spilling fuel into a storm drain leading to a fish habitat near Riverside Road.

Walker says power was cut in the surrounding area and damage to the transformer alone will cost tens of thousands of dollars.

Walker says provincial environment officials are going to assess how much fuel was spilled and the extent of the damage.

Police are still trying to find the truck and its operator. THE CANADIAN PRESS

Mission. One man killed, another hurt in attack involving crossbow

Police say one man is dead and another in hospital after an attack in Mission involving a crossbow.

Police say a 23-year-old man from Maple Ridge was struck once with a bolt Friday night.

He is in hospital and expected in survive.

Police say a 59-year-old man from Nanaimo was also found at the crime scene unconscious with a crossbow and severe self-inflicted injuries.

He was transported to hospital but pronounced dead within hours.

Police say both men knew each other, but the attack doesn't appear to be gang- or drug-related. THE CANADIAN PRESS

Imageworks

Local company to bring Angry Birds to big screen

The worldwide phenomenon Angry Birds will be bringing its furious fowl and evil green pigs to Vancouver as it makes its way to the big screen.

Finnish video-game developer Rovio Entertainment said in a news release that it has picked Sony Pictures Imageworks's Vancouver studio to be the primary animation house for the upcoming Angry Birds movie.

Rovio CEO Mikael Hed said he searched the world for the best animation facility, and he felt Sony Pictures Imageworks fit the bill. The Angry Birds movie is slated to be released in July 2016. THE CANADIAN PRESS

Finance Minister Mike de Jong speaks to media from his office following the speech from the throne in Victoria last Tuesday. CHAD HIPOLITO/THE CANADIAN PRESS

Balanced budget will be lean, says de Jong

Preview. 'There won't be huge spending announcements,' says finance minister

Quoted

"It's interesting how quickly now some pundits dismiss (a balanced budget) as being insignificant. In every other province it would be huge news and yet because of the discipline that we've brought, people accept that as a given. It's been hard getting to this point." Finance Minister Mike de Jong

British Columbia's finance minister says the budget he is preparing to table Tuesday is balanced, but Mike de Jong is issuing the same warning he did with last year's pre-election fiscal plan: There are few goodies inside.

But de Jong says that's a good thing.

The finance minister said the three-year plan will forecast modest budget surpluses, which he said was a sign the Liberal government has stuck to its goals of controlling government spending during challenging times.

"I'd like to think people assign importance to government living within its means, particularly in the context of a time when very few governments are able to do that," said de Jong.

"There will not be huge swings in taxation policy. There won't be huge spending announcements. We're not at a point yet where that's possible within the context of the balanced budget."

Other than Saskatchewan, B.C. is the only province to balance its books.

Federal Finance Minister Jim Flaherty said last week the Conservative government in Ottawa is on target to produce a balanced budget next year — ahead of a federal election — but this year he's still battling a deficit.

De Jong has already said the budget will not include revenue estimates from the development of the liquefied natural gas industry. He said the government is still refining its regulatory and taxation policies for the prospective new industry and legislation won't be tabled until the fall. THE CANADIAN PRESS

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Moving fees

Canadian defence minister asks for expense probe

The defence minister is asking how his own department approved in-city moving expenses of more than $72,000 for a former general who is now a Liberal adviser. In a statement, Defence Minister Rob Nicholson says the bill for retired lieutenant-general Andrew Leslie's move from one Ottawa house to another appears grossly excessive. THE CANADIAN PRESS

Get up, stand up

Rihanna gets behind P6 campaign

A campaign for gay rights in Russia and at the Sochi Games is getting some star backing from Rihanna. A photo posted on Instagram and linked to Rihanna's verified Twitter account showed the "We Found Love," "Diamonds" and "Umbrella" singer wearing a hat with the logo P6. The Principle 6 campaign aims to challenge Russia's crackdown on gay rights, including its law banning so-called gay "propaganda." It takes its name from the sixth of seven "fundamental principles" listed in the International Olympic Committee's charter.

THE ASSOCIATED PRESS

Rihanna GETTY IMAGES FILE

Human rights

Obama unhappy with Uganda's anti-gay stance

U.S. President Barack Obama says pending steps by Uganda to further criminalize homosexuality will complicate America's valued relationship with the East African nation. In a written statement, Obama says legislation that Uganda plans to pass will reflect poorly on the country's commitment to protecting the human rights of its people. THE ASSOCIATED PRESS

Birthday mess

Student goes comatose after eating pot cake

A university student in Spain's capital went into a comatose state early Sunday after he ate a birthday cake baked with marijuana, while nine others were also hospitalized, officials said. The comatose man wasn't responding to stimulus when admitted to a Madrid hospital, but he later recovered, a city emergency services spokesman said.

THE ASSOCIATED PRESS

Olympic chatter

"To act like there aren't a lot of other very controversial things at play here, it's ignorant. It's not real, it's not a reality. It's not my reality."

Canadian snowboarder Michael Lambert, saying athletes need to see outside the Sochi Olympics bubble.

'It was perfect timing': Pal of Ellen Page

Coming out. Actress announced she was gay during her speech at the Time to Thrive conference in Las Vegas on Friday

DESERIE MURPHY
For Metro in Halifax

Lil MacPherson has been close friends with Ellen Page for close to a decade and says she was proud and tearful while watching the Halifax actress announce she is gay.

A Hollywood star known for her work in Juno, X-Men and other blockbusters, Page announced her sexuality during a speech at the Time to Thrive conference on Valentine's Day night in Las Vegas.

"It was perfect timing," said MacPherson, owner of the Wooden Monkey, a restaurant in downtown Halifax. "They encouraged her. To stand amongst people that have gone through the same struggles, they understand her and she understands them."

MacPherson says Page is an incredible actress who has earned her wings. She also thinks her decision to come out will only impact her positively.

"It's more important for her to be who she is, instead of living a lie. She said she couldn't do it anymore," said MacPherson. "Nova Scotia should be proud, that's our little gem."

Page told the crowd she was gay by the end of her eight-minute speech, saying she feels a personal obligation and a social responsibility to make a difference and help others have an easier and more hopeful time.

Social media has been rife with reaction towards Page's announcement, including from her friend and Raising Hope actress, Shannon Woodward, who tweeted "I have never been more proud of a human than I am of @EllenPage right now."

Other Hollywood celebrities, including Kate Mara, Anna Kendrick and Jesse Tyler Ferguson also offered their support for Page, with the latter tweeting, "Love love LOVE @EllenPage & the message she sent out today! What a perfect way to end Valentines Day! (sic)"

MacPherson isn't disclosing how long she's known Page was gay but says she wasn't shocked by the announcement.

WITH FILES FROM TORSTAR NEWS SERVICE

Big relief

"I suffered for years because I was scared to be out. My spirit suffered, my mental health suffered and my relationships suffered. And I'm standing here today, with all of you, on the other side of all that."

Ellen Page, during her speech at the Time to Thrive conference in Las Vegas.

Dozens dive in for annual Quebec Carnival snow bath

Snow bather Stephane Rioux, centre, plunges into fresh snow at the Quebec Winter Carnival annual snow bath on Saturday in Quebec City. Rioux was participating in his 21st snow bath as dozens of people joined in for the annual event. JACQUES BOISSINOT/THE CANADIAN PRESS

Voting rights. U.S. lawyer warns Canada about changing voter ID rules

A participant in the bruising American battle over voting rights warns that Canada is treading on dangerous ground with its proposed electoral reforms.

One of the lawyers who helped strike down the voter ID law in Pennsylvania last month says legislation tabled by the Harper government will inevitably wind up depriving some people of their voting rights.

The Canadian bill would still allow 39 types of ID. Legislation would simply get rid of the practice where one voter can vouch for another one's identity. In Canada, chief electoral officer Marc Mayrand says the end of vouching would affect more than 100,000 voters. They come from different walks of life: young people who move around a lot, aboriginals with no formal papers proving their on-reserve address, and elderly people who have just moved into retirement homes.

THE CANADIAN PRESS

Climate change. Kerry tells deniers to wake up

Climate change may be the world's "most fearsome" weapon of mass destruction and urgent global action is needed to combat it, U.S. Secretary of State John Kerry said on Sunday, comparing those who deny its existence or question its causes to people who insist the Earth is flat.

In a speech to Indonesian students, civic leaders and government officials in Jakarta, Kerry laid into climate change skeptics, accusing them of using shoddy science and scientists to delay measures needed to reduce emissions of greenhouse gases at the risk of imperiling the planet. He also went after those who dispute who is responsible for such emissions, arguing that everyone and every country must take responsibility and act immediately.

THE ASSOCIATED PRESS

Quoted

"We don't have time for a meeting anywhere of the Flat Earth Society."

U.S. Secretary of State John Kerry

Winter wind, snow wreaks havoc across Atlantic region

Whiteout driving conditions. Mounties in parts of N.L. were warning residents only to venture out for emergencies

Heavy snow and high winds were wreaking havoc across the Atlantic provinces Sunday, causing power outages and dangerous driving conditions.

The storm blanketed New Brunswick and Prince Edward Island with snow overnight Saturday and brought a mix of rain, freezing rain and snow to Nova Scotia.

Up to 35 centimetres of snow was expected across Newfoundland on Sunday, with winds gusting up to 130 kilometres an hour in some areas.

The Confederation Bridge connecting New Brunswick and P.E.I. was closed on Sunday morning as the weather worsened.

RCMP say deteriorating road conditions and near-zero visibility caused a pileup involving at least five vehicles on the P.E.I. side of the bridge, but no one was seriously injured.

Nova Scotia Power says about 4,800 customers were without power on Sunday, although that number had dropped to about 500 by the afternoon.

The power company says crews were standing by as high winds were expected in the Cape Breton area on Sunday evening.

The Mounties in parts of Newfoundland were warning residents only to venture out in emergencies because of whiteout driving conditions.

THE CANADIAN PRESS

A stranded traveller crosses a parking lot at a service station in Borden-Carleton, Prince Edward Island, on Sunday. A major winter storm has battered the Maritimes with high winds, blowing snow and storm surges along the coast. ANDREW VAUGHAN/THE CANADIAN PRESS

P.E.I. confirms first case of deadly pig virus

The deadly pig virus that has already killed millions of piglets in the U.S. has now shown up in P.E.I. SPENCER GREEN/FILE/THE CANADIAN PRESS/THE ASSOCIATED PRESS

A professor at a Prince Edward Island veterinary college says his worst fears have been realized with confirmation of a case of the deadly pig virus porcine epidemic diarrhea on an Island farm.

"We were worried about the virus even before this break. We were hoping it wouldn't come," said Dan Hurnik, a professor of swine health management at the Atlantic Veterinary College.

The province's Agriculture Department says the National Centre of Foreign Animal Disease in Winnipeg has confirmed the presence of the virus, a highly contagious disease that has already killed millions of piglets in the United States.

The province is prepared to prevent the spread of the virus, Hurnik said.

"(Producers) have had training sessions on biosecurity, so what we're doing is reinforcing that training."

Hurnik said an investigation is underway to determine how the virus arrived at the farm, which has not been identified.

The Canadian Swine Health Intelligence Network issued a bulletin on Thursday that said a case of the suspected virus was detected by a P.E.I. veterinary lab overnight Wednesday.

THE CANADIAN PRESS

No human risk

The virus, which poses no risk to human health or safety, first emerged in Canada less than a month ago at a southwestern Ontario pig farm.

- That number has since risen to 16 affected farms in Ontario and one in Manitoba.

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Can you hear me now ... in prison? Contraband cellphones on the rise

They're hidden in babies' diapers, ramen noodle soup packages, footballs, soda cans and even body cavities.

Not drugs or weapons, but cellphones. They're becoming a growing problem in prisons across America as they are used to make threats, plan escapes and for inmates to continue to make money from illegal activity even while behind bars.

"You can pick states all across the country and you'll see everything from hits being ordered on individuals to criminal enterprises being run from inside institutions with cellphones," said Michael Crews, head of Florida's Department of Corrections.

When two murderers serving life sentences escaped from Florida Panhandle prison last fall, a search of their cells turned up a cellphone used to help plan the getaway, drawing attention to the burgeoning problem. It was just one of 4,200 cellphones confiscated by prison officials last year, or 11 per day.

"The scary part is, if we found 4,200, we know that's not all of them," Crews said.

And while prison officials are trying their best to keep cellphones out, it's not such an easy task. Jamming cellphone signals is prohibited by federal law, and it costs more than $1 million each for authorized towers that control what cellphone calls can come in and out of prisons. THE ASSOCIATED PRESS

A cellphone and cigarettes that were found inside a camouflage package on Jan. 25 near an undisclosed Florida state prison. THE ASSOCIATED PRESS

Craigslist suspect: I killed at least 22 others

Jailhouse interview. 19-year-old claims she committed murders across the U.S. as part of satanic cult

A woman charged along with her newlywed husband with killing a man they met through Craigslist admitted to the slaying in a jailhouse interview with a newspaper and said she has killed more than 20 other people across America, claims which police said they are investigating.

In an interview with The Daily Item in Sunbury, Pa., 19-year-old Miranda Barbour said she wants to plead guilty to killing Troy LaFerrara in November. She also said in the interview she has killed at least 22 others from Alaska to North Carolina in the last six years as part of her involvement in a satanic cult.

"I feel it is time to get all of this out. I don't care if people believe me. I just want to get it out," Barbour told the newspaper for a story published Saturday night.

Sunbury police Chief Steve Mazzeo told the newspaper that investigators were aware of Miranda Barbour's claims of involvement in other murders. He said they are "seriously concerned" and have contacted police in other jurisdictions.

In a statement issued Sunday, the FBI's Philadelphia division said it had been in contact with Sunbury police and "will offer any assistance requested in the case." THE ASSOCIATED PRESS

Court proceedings

Miranda Barbour's attorney asked a judge last week to toss out statements she made before she was charged. Public defender Ed Greco said in the motion that Barbour wasn't afforded an attorney despite repeated requests during two police interviews.

- Barbour said in the jailhouse interview that she wanted to plead guilty at her arraignment, but that Greco pleaded not guilty for her.

Miranda Barbour is led out of the courthouse after her preliminary hearing in Sunbury, Pa., on Dec. 20. Barbour is charged along with her newlywed husband Elytte Barbour in the murder of a man they met through Craigslist. CHRISTINE BAKER, PENNLIVE.COM/THE ASSOCIATED PRESS FILE

Egypt

Tourists killed in bus bombing

An explosion tore through a bus filled with South Korean sightseers in the Sinai Peninsula on Sunday, killing at least four people and raising fears that Islamic militants have renewed a bloody campaign to wreck Egypt's tourism industry.

The bombing near the tip of the Red Sea's Gulf of Aqaba was the first attack against tourists in Sinai in nearly a decade.

There was no immediate claim of responsibility. But the blast bore the hallmarks of attacks blamed on the al-Qaida-linked militant groups that have been battling government forces in Sinai's restive north for years. THE ASSOCIATED PRESS

Pakistan

Bomb derails train, eight dead

A bomb placed by an ethnic separatist group derailed a train in southwest Pakistan on Sunday, killing eight people, police and the militants said.

Three of the dead were children and another 20 people were wounded by the blast in Kashmor district, which caused several train cars to run off the track, said police official Mohammad Azeem.

Kashmor is in Sindh province but adjoins insurgency-hit Baluchistan. One of several ethnic Baluch separatist groups operating in the resource-rich province, the Baluch Republican Army, claimed responsibility. THE ASSOCIATED PRESS

In pictures

1 Ashes, ashes. Volcanic fallout

A man waits for evacuation Sunday following an eruption of Mount Kelud, in Malang, East Java, Indonesia. The eruption late Thursday killed four people and sent ash falling as far as 600 kilometres away. TRISNADI/THE ASSOCIATED PRESS

2 Not-all-happy birthday. Protest

A protester burns a placard with defaced photos of North Korean leader Kim Jong-un and the late leader Kim Jong-il during an anti-North Korea rally in Seoul, Sunday. North Korea marked the anniversary of the latter's birth on Sunday. AHN YOUNG-JOON/THE ASSOCIATED PRESS

3 Unusual sight. Record snowfall

The tail of a plane sticks out of the sagging roof of a hangar after heavy snowfall in Yamamo, near Tokyo, Sunday. The second heavy snowfall this month to hit Japan has left as many as 12 people dead. KYODO NEWS/THE ASSOCIATED PRESS

4 Surfacing. Miners rescued

A trapped illegal miner at a disused gold mine shaft near Benoni, South Africa, is bought to the surface Sunday. Rescue workers escorted at least 11 miners to safety after they were trapped by debris. THE ASSOCIATED PRESS

5 In came the flood. Hello, Thames

Houses are inundated with floodwater in Staines-Upon-Thames, England, Sunday. Housing near the river Thames has suffered a week of flooding after the river burst its banks on Feb. 10. PETER MACDIARMID/GETTY IMAGES

2101: Drawing homes for a space odyssey

The ultimate trip.
Calgary space artist designing conceptual habitats for a one-way mission to the red planet

Bryan Versteeg
THE CANADIAN PRESS

Bryan Versteeg hasn't stopped drawing ever since he got his first crayons and left marks all over the walls as a child — all the while dreaming of someday living in space.

He still remembers that sketch books and drawing pencils were the predominant gifts on his fifth and sixth birthdays.

So began the career of the 38-year-old Calgary space artist who's becoming known for his futuristic out-of-this-world illustrations.

Warp forward to Versteeg's recent illustrations of what a human habitat on Mars would eventually look like: His Mars One conceptual designs have appeared in thousands of articles on the Internet.

Versteeg started working on the Martian space habitat after he was approached by the founders of the Mars One Foundation, which is planning a one-way mission to the red planet.

Versteeg has worked in the graphics industry for more than 20 years, as a conceptual artist in the architectural and engineering fields.

In 2011, he founded Spacehabs.com in order to focus on the conceptual visualization for space exploration.

One of the projects he has been working on for about two years is his "Kalpana One" Space Station.

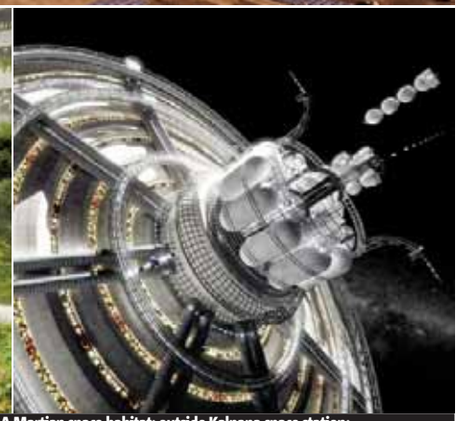
It's named after Kalpana Chawla, one of seven astronauts killed when U.S. Space Shuttle Columbia broke apart while returning to Earth in February 2003.

"Kalpana One" is Versteeg's idea of what living in outer space could actually look like.

Versteeg referred to his greenery-filled Kalpana One space station as "2101" — 100 years after the setting of Stanley Kubrick's science-fiction movie masterpiece.

"I know I've always wanted to live in space and so it doesn't need to be all that incredible for me to want to live there," Versteeg said.

THE CANADIAN PRESS


Bryan Versteeg's artist renderings, clockwise from top: A Martian space habitat; outside Kalpana space station; inside Kalpana space station; . BRYAN VERSTEEG/SPACEHABS.COM/HANDOUT/THE CANADIAN PRESS

Breaking glass ceiling

Saudi newspaper names first female editor-in-chief

For the first time in Saudi Arabia, a woman has been named editor-in-chief of a daily newspaper published in the kingdom.

The English-language Saudi Gazette announced on its website that Somayya Jabarti will take the helm at the newspaper.

THE ASSOCIATED PRESS

HOW TO ROLL
Alison Griffiths
Will return next Monday

Sochi. The essential thing is not to have conquered but to have tweeted ads well?

Between photos and insights about their Olympic experience, some Olympians are turning over their social media accounts to sponsors, agreeing to quotas of postings on Twitter and Facebook and letting other people send commercial messages in their name.

The agents for U.S. figure skaters Ashley Wagner and Gracie Gold both say sponsors draft some of their tweets, plugging their brands.

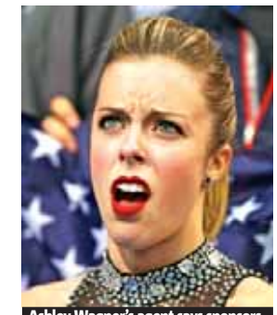
"This is the first Olympics where I actually have a social media calendar, where an athlete has to tweet or mention something on a given day," Gold's agent, Yuki Saegusa, said in an interview.

"We get a list of tweets or social media things that need to be posted and then we approve them for her," said Saegusa, senior vice-president for Olympic clients at sports management giant IMG.

Although they "encourage" Gold to post the pre-packaged commercial tweets to her 65,000 followers herself, sometimes others do it for her.

"We want it to be from her point of view, and from her mouth and from her fingers. So we try to get her to do them — mostly," Saegusa said.

"We're in a very new age now where a lot of advertising, or PR, or promotions, is social media. That's becoming a very important aspect of marketing."


Ashley Wagner's agent says sponsors plug their wares on the figure skater's Twitter account. THE ASSOCIATED PRESS FILE

A gold in advertising?

The verified accounts of both U.S. figure skaters Gracie Gold and Ashley Wagner — @GraceEGold and @AshWagner2010 — have referenced their own and U.S. Olympic Committee sponsors, in tweets and retweets.

- It's not clear which recent postings were paid for, but after the Feb. 7 opening ceremony Gold sent out an Instagram photo of herself holding a lipstick applier. "Couldn't forget the red lips," it read.

Wagner's IMG agent, David Baden, said athletes' sponsorship deals are now starting to specify "how many tweets, how many Facebook mentions and even Instagram" photos they must post.

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‘I WASN’T A SENIOR WHEN WE STARTED THIS’

URBAN COMPASS

Rod Mickleburgh
vancouver@metronews.ca

The march of time being what it is, seniors fighting for any project that takes time are bound to have their ranks thinned along the way. Those who start the battle are sometimes no longer there when the job is done.

So it is with the long, impassioned and still unfinished struggle for a Seniors Centre in pensioner-heavy, southeast Vancouver.

John Pawluk, longtime president of the Killarney Seniors Association, died last year, and who knows how many other seniors have “fallen off the perch,” as one puts it, in a campaign that has already lasted an unconscionable 15 years.

Watching those years slip by, while the tide of government funding commitments mostly ebbed, Lorna Gibbs began to think she, too, would not live out the drive. In 2011, she told me: “I expect, if we ever do get our seniors’ centre, they will carry my ashes over the threshold.”

Gibbs, a tireless mix of dedication and feistiness, has been in the saga’s forefront since the beginning, somehow managing to stay above the political bickering and buck-passing shenanigans below.

“I can’t afford to aggravate anybody, because the project would suffer,” she says.

Now, at last, the perennial president of the Southeast Vancouver Seniors Centre Society believes that a venture seemingly promised more often than the Evergreen Line may actually get built.

“It looks like it’s coming through,” says Gibbs, daring herself to hope for perhaps the first time.

Following another unseemly bout of petty politicking, there’s been a surprising, recent avalanche of cold cash. From the feds: $2.5 million. From the city, already in for land and $2.5 million: another $1.2 million. Toss in the lesser $1.3 million offered by the province just before last year’s election, and suddenly, the Killarney Seniors Centre has $7.5 million in the pot. That’s just about enough for a ‘go.’ Councillor Raymond Louie, a long-time backer of the centre, says he expects shovels in the ground by next spring.

Long, long time coming

An estimated one-third of all city seniors live in southeast Vancouver. Yet they remain without a centre of their own, despite numerous such facilities on the west side.

The fact it has taken so long to get there is shameful.

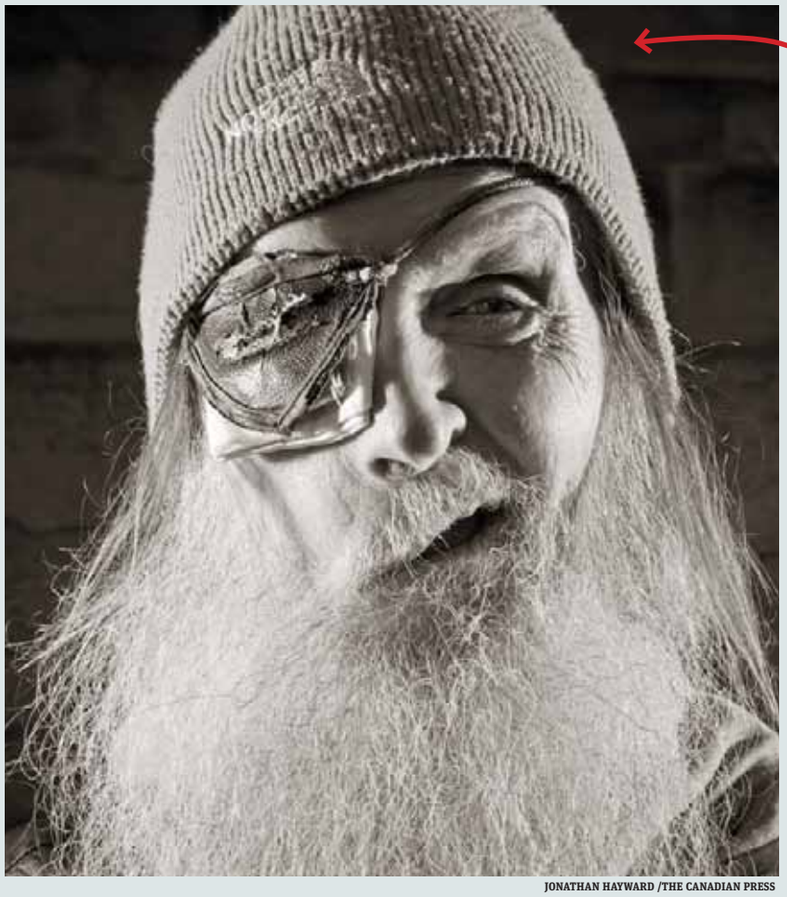
An estimated one-third of all city seniors live in southeast Vancouver. Yet they remain without a centre of their own, despite numerous such facilities on the west side.

“I wasn’t a senior when we started this,” says Gibbs, with a hearty laugh, taking care to point out she has hardly been alone in the arduous campaign.

But Gibbs has been the quest’s public face. When MP Wai Young announced her government’s $2.5 million contribution, seniors bussed in for the event were properly appreciative. When Lorna Gibbs took to the podium, however, they rose to their feet in a standing ovation. They knew who their hero was.

ZOOM

O brother, where art thou?



JONATHAN HAYWARD /THE CANADIAN PRESS

Long-lost sibling seen in exhibit

It had been nearly 12 years since Bill Olsen, 60, had seen his brother. He didn’t know if Bruce Sauer, who left home at 16 to pursue a career in music, was alive or dead until a Canadian Press photo feature on the Downtown Eastside was exhibited last year. A photo booth was set up for residents to pose for pictures.

Olsen recognized a grey-haired man with a beard and a patch over one eye.

“I haven’t heard from my brother and there he is. I miss having him in my life,” said Olsen. THE CANADIAN PRESS

Hoping to reconnect

Olsen is teaching in Nunavut, but hopes to travel to Vancouver to meet with his brother when he returns to his home in Hanna, Alta., in June.

He is desperate to reconnect. He lost touch with his sister Sharon years ago and the family didn’t learn of her death until she had been buried in a pauper’s grave.

“He could die without a next of kin and he would be buried ... without anybody at the funeral,” Olsen said. “It was bad enough having a sister go that way.” THE CANADIAN PRESS

Clickbait

IRENE KUAN
Metro Online

Internet cats may be all the rage when it comes to viral memes, YouTube videos and photos, but what about those adorable pooches that can perform laugh-out-loud tricks, and look into the camera with those heart-melting puppydog eyes? Here are 3 to follow on Instagram:

@Digbyvanwinkle:

Digby is a 2-year-old Griffon from Wellington, New Zealand. Some of Digby’s many talents include posing for photos with fake moustaches, hipster glasses, an array of hilarious costumes and even wearing a slice of bread. Approximately 242,000 followers.

@marutaro (approx. 717K followers):

Maru is a photogenic 7-year old Shiba Inu living in Japan. He loves to devour containers of yogurt and howl at sirens while standing by his owner’s apartment window. Maru is so popular, he even has his own iPhone app as well as calendars and postcards, which his fans can purchase online. Approximately 717,000 followers.

SCREENGRAB/@YOGURT_THEPIRATE/INSTAGRAM

@Yogurt_thepirate:

Yogurt is a 5-year-old one-eyed Chihuahua with a slinky protruding tongue, and the Internet seems to always have a soft spot for disabled animals. She’s relatively new to Instagram but her account is quickly blowing up as websites like the Fluffington Post are catching on to this amazing little dog. Approximately 53,000 followers.

Comments

RE: ‘Extremely emotional day’: Drake Apologizes for Rolling Stone Cover Flap, published online Feb. 14, 2014

Kudos to him for issuing a real apology and not subjecting us to the usual “my twitter was hacked” defense.

me9876, posted to metronews.ca

You know what? I don’t know who Drake is (showing my age I guess), but Rolling Stone has been worshipping drug addicts, and especially the ‘died of an overdose’ kind since their inception. As talented as Hoffman may have been, It’s about time we stopped awarding immortality for extreme acts of narcissistic stupidity.

jeff200, posted to metronews.ca

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Ebooks

Photograph

By. Ringo Starr

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It's as if you're sitting on a couch, knee-to-knee with Ringo Starr, going through his albums. Audio clips allow him to laugh and tell stories as you flip through pages of personal photos and videos, something he enjoys so infectiously that you can't help but be carried away. His life, the Beatles, you were there, remember? It feels like that.

Chris Evans

Captain America star to kick off Daytona 500

Daytona has called on Captain America to kick off "The Great American Race." Actor Chris Evans will serve as grand marshal and give the command to "start your engines" for the Feb. 23 Daytona 500. Evans stars in Captain America: The Winter Solider, scheduled for release on April 4.

THE ASSOCIATED PRESS

The Wild Cub matures

Youth. Keegan DeWitt swapped indie-pop mecca Brooklyn for Nashville to collaborate and make new album

ALEXANDRA CAVALLO
Metro World News

Wild Cub's single Thunder Clatter is an ode to wife of Keegan DeWitt (far left). COURTESY WILD CUB

Most people looking to get a band off the ground move to Brooklyn. Keegan DeWitt got the hell out.

The Wild Cub front man had spent the better part of eight years living in New York, working as a composer for commercials and film soundtracks — and successfully, at that. Still, he struggled to make ends meet.

"I spent a lot of my time learning how to bankroll living in New York, which is just such a big waste of effort," he says. "I feel like I got a lot out my time there, and New York is such a fundamental part of who I am now, and it shaped me as a person a lot, but at some point, I was like, 'I'm succeeding halfway at my artistic career, and I'm only putting 50 per cent of my effort into my day job, and not being very good at that. Maybe I should go to Nashville, where I can put 100 per cent toward pursuing my art."

So he did. Brooklyn might be the unofficial indie music capital of the U.S., but it's also saturated with fairly interchangeable young bands struggling to establish themselves.

That's one thing that drew DeWitt, 31, away from Brooklyn and towards Nashville.

"The music business is changing, and that's one of the places that it's maybe changing in a good way," he says.

"In Nashville, there's a strong burden of proof, in terms of having to write songs that have content to them. There are such long lines of songwriters that come from there that really write songs, legit songs. If there's anything that modern music is missing, at the moment, especially hip indie music, are actual songs. So that's one cool thing. You're getting people that are really experimenting with new ways of making music but at the same time understand what it means to tell a narrative using the structure of the song."

Plus, the cost of living down South is just cheaper. "I kept looking around in Brooklyn going, how in the f— are you guys paying for this?" he laughs. "Are we all on trust funds, because I know I'm not. How are you doing this? Just hanging out and being in a band?"

Take note, Brooklyn hipsters

"In Nashville, there's a strong burden of proof, in terms of having to write songs that have content to them."

Wild Cub frontman Keegan DeWitt

These days, just hanging out and being in a band is pretty much DeWitt's main occupation. In Nashville, he hooked up with multi-instrumentalist Jeremy Bullock to form Wild Cub, a fuzzed-out, synth-pop quintet whose debut album, Youth, dropped earlier this year.

Wild Cub might not yet be a household name, but most people are likely familiar with their single Thunder Clatter, an ode to DeWitt's wife. Learning to play well with others hasn't been an entirely seamless transition for DeWitt.

"I think one thing is true that, as the person who has to sing it every night, it's difficult to connect with things that you haven't written the entirety of," he says. "It's like in a play, you can do a certain amount of preparation as an actor, but things really start to take on a dynamic when you interact with somebody else. That's where the drama takes place, and I like to think that some of that is true in terms of me having to collaborate with band members."

That said, DeWitt isn't interested in stealing the show. "I think in general, every year that I get older, the less I desire to be the main person that everyone is looking at."

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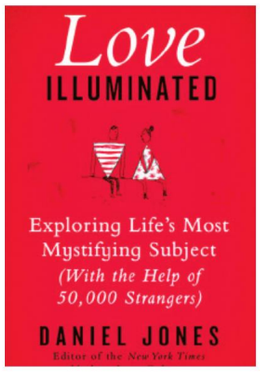


50,000 strangers can't be wrong

Love Illuminated. Relationship lessons from Modern Love editor Daniel Jones

EMILY LAURENCE
Metro World News

Ever since the New York Times started its Modern Love column nearly 10 years ago, editor Daniel Jones has been inundated with love stories. From the unbelievably romantic to the flat-out unusual, he's pretty much seen it all.

Though he says he doesn't have all the answers to love's big questions, Jones has learned a thing or two about the subject, which he's sharing in his new book, Love Illuminated.

In honour of Valentine's Day, we called up Jones and got him to share some of the biggest love lessons he's learned after reading the roughly 50,000 love stories that have landed in his inbox.

If the idea of dating overwhelms you, get offline

"There's this belief that the more people you meet or go out with, the more chance you have of finding that one special person," Jones says.

"But from what I've seen, people have much better luck starting with a small group instead of searching for that perfect person within dozens and dozens."

Jones tells us that even with the popularity of online dating, people are still falling in love the same way they did in the past: by meeting potential dates through friends, work or hobbies.

If whenever you meet someone great you still have the sneaking suspicion that someone even better is out there, Jones again makes the case against online dating.

"Everything about online dating is encouraging you to seek perfection in someone. … Someone you fall for in real life may be the least likely person you'd choose if you saw him or her online," he says.

There's no substitute for physical chemistry

Thousands of people have written to Jones about falling in love online before meeting in person. While not doubting the very strong emotional bonds made, he warns it doesn't always translate into physical chemistry, even when you expect it to. "It's a controlled relationship that only exists in one narrow area. A real relationship involves the whole person."

Step away from the computer

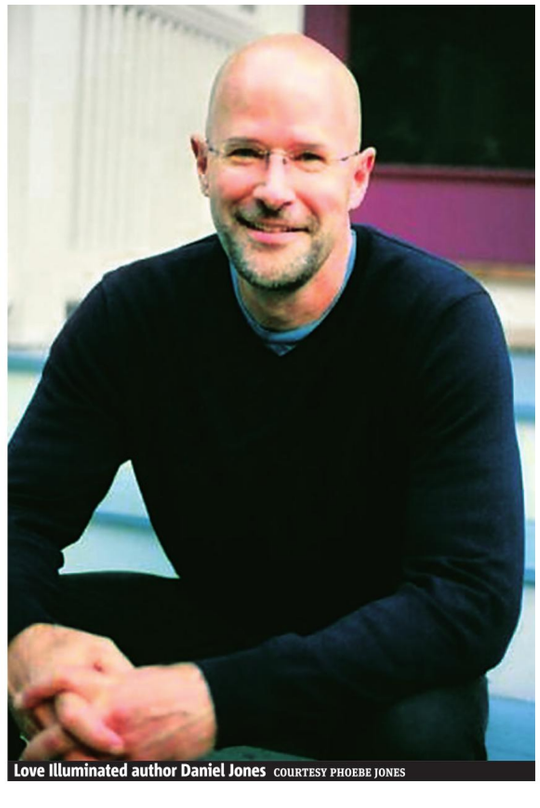
"Sharing your deepest emotions online just feels so close, but it's not."

Modern Love column editor Daniel Jones

Fragmented relationships can be fulfilling… but not forever

"In the dating world, it's easy to break yourself up into pieces and have sex with someone without caring about that person and then have a really deep connection with someone you don't have sex with," Jones says.

And it isn't always a bad thing; it just shows you aren't ready to be in a full relationship. "When you're in school, in your first job or your 20s, not everyone wants the responsibility of a full relationship," he explains. But if you do want the real thing, you have to give it your all.



Love Illuminated author Daniel Jones COURTESY PHOEBE JONES

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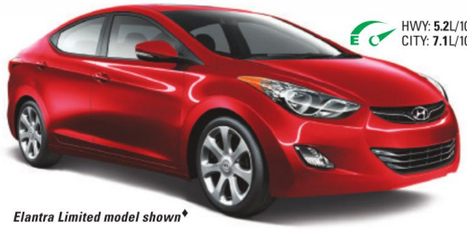

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jonah would do anything for new best pal Scorsese

STARGAZING
Malene Arpe
scene@metronews.ca

This week in cancellations. 1) The George Zimmerman/DMX boxing match. 2) The American X Factor. 3) My faith in humanity after learning the Justin Bieber wax figure at New York's Madame Tussauds will be removed due to excessive groping.

Nina Dobrev and Liam Hemsworth were reportedly spotted kissing in a bar. The Vampire Diaries/random drunken make-out/Hunger Games crossover nobody was asking for.

Jonah Hill says that he'd paint Martin Scorsese's house if asked Martin Scorsese in return says that he doesn't have to be asked to update the restraining order.

Angelina Jolie is reportedly a fan of ancient grains quinoa and spelt "Typical," said kamut, amaranth and millet. "We can't all afford publicists, you know."

Fergie's sister names her new baby boy Jagger. Fergie's son is named Axl. "Please, please tell me there are no more sisters," says Bruce Springsteen.

Matthew McConaughey says that he's enjoying everything about being an Oscar nominee. Guess they haven't gotten around to the Academy Walk of Knives, Sharks & Weird Rashes yet.

Shia LaBeouf

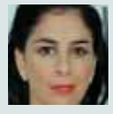
Artist distances herself from weeping LaBeouf

As Shia LaBeouf's bizarre art gallery residency comes to an end, details are emerging suggesting how the not famous anymore actor endured six straight days of sitting weeping opposite visitors without saying a word as they peppered him with questions. In footage from a camera smuggled into the #IAMSORRY exhibit by Hal Rudnick of Screen Junkies, LaBeouf appears to be wearing earplugs. Meanwhile, artist Marina Abramovic, whose 2010 performance art piece The Artist is Present seems to have inspired LaBeouf's latest stunt — to put it mildly — was quick to distance herself from the "manipulative" new work. "I can't think that this is directly related to me," Abramovic tells Vulture. "He has a paper bag on his head, is that right? I'm very happy people are inspired by (my) work, but this is not the same work. I don't see it as anything to do with me."

Twitter

@johncusack
who wants to be a goddamn success? demand MORE FAILURE!

@kevin_nealon
Soon, kids will be raised by spell- check.



@SarahKSilverman
Let's bring calling someone "a boob" back

Valentine's Day proposal for Aguilera

Christina Aguilera might've had a better Valentine's Day than you, as the singer received an engagement ring from boyfriend Matt Rutler. Aguilera broke the news via Twitter, posting a picture of the impressive diamond along with the note, "He asked and I said…" Aguilera met Rutler when he was working as a production assistant on her film Burlesque — and while she was locked in a nasty divorce battle with ex-husband Jordan Bratman. Their divorce was finalized on Valentine's Day 2011, as it so happens.

Christina Aguilera

Boy George ALL IMAGES GETTY

Boy George wishes best for 'lost' bad boy Bieber

Don't worry, Justin Bieber. If nothing else, Boy George has your back. The former Culture Club singer empathizes with the troubled Canadian pop star as fallout from his acting out accumulates. "Unfortunately when you're at that age, you won't listen to anyone," George says during a stint as a Fashion Police guest. "I did the same thing. I hope he makes it through. He's a gorgeous young man, he's obviously talented, but he's sort of lost in the show biz antics of it all."

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LIFE 3

You don't spend it all in one place, so just where does your money go?

Go figure. Knowing what you're paying out each month will put you in control

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

The average Canadian spends $650 a month on food. ISTOCK

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)
- Entertainment (movies, books, magazines, hobbies, gym, club, sports)
- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about $1,611 a month to keep a roof over your head, $650 on food, $280 a month on clothes, $936 on transportation (jeez, really?), and $309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into making things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

As our disposable income comes under fire from constantly rising costs and our wants are forced to give way to our needs, it's important we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since 1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

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Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Can't Wait To File?

Q When can I file my return?

A I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

Q I haven't filed a tax return in five years. What is the best way to catch up?

A My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

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Enough inspiration for generations to come

Black History Month. Here are three Canadians who have made a huge difference in our country

TAKARA SMALL
life@metronews.ca

The list of black Canadians who have changed the country for the better are too many to count. The inventions, human rights progression and inspiration they have provided will be felt for years to come.

Viola Desmond

An activist, Viola Desmond was at the centre of one of Nova Scotia's most controversial civil rights episodes.

In 1946, she refused to leave the white-only section of a theatre in New Glasgow. Her refusal to adhere to the racist policies of the time resulted in her arrest and charges.

This, along with her efforts to combat the province's segregation laws, helped change local legislation, raise awareness and inspire a generation. The Nova Scotia government posthumously pardoned her in 2010.

Lincoln M. Alexander

A Canadian leader who broke race barriers, Lincoln M. Alexander was a statesman whose life and career were a series of groundbreaking firsts in this country.

Elected as Canada's first black member of parliament in 1968, and later appointed lieutenant governor of Ontario, he was an active proponent for equality even when he was at times treated as a second-class citizen in his own country.

Born to a maid and railway porter, he was the first in his family to pursue a post-secondary education and would also become a successful lawyer and community leader.

Elijah McCoy

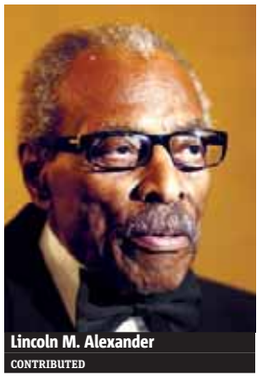
Elijah McCoy was born in 1844 to former slaves who escaped to Canada from the United States. He studied mechanical engineering in Scotland and became known for inventing and patenting a device that lubricated a train's moving parts while the train was in motion. McCoy, who held more than 50 patents, is also credited with inventing the portable ironing board.

His other contributions go beyond his achievements in engineering. The popular saying "the real McCoy," often used to refer to something authentic compared to a poor imitation, is in reference to him.

Go online

There is more on Black History Month online. Visit metronews.ca to read stories, and to add to this list and share your thoughts on other great black Canadians.

Canada Post honoured Viola Desmond on a stamp in 2012 CONTRIBUTED



Lincoln M. Alexander
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'Round the world wisdom

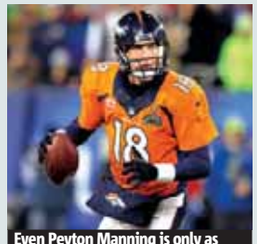
Hooray for the team that backs you

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

During the one-sided Super Bowl on Feb. 2, commentators repeatedly argued that losing Broncos player Peyton Manning — arguably the best quarterback in the league — was unsuccessful due to an inept offensive line. The massive muscle men of the Denver Broncos were unable to defend him from the charging Seattle Seahawks players.

In football, an offensive line gives a quarterback that precious extra second to complete a pass or a play, allowing the team to score. Without that time, quarterbacks inevitably misthrow or get sacked and teams lose field position. In essence, while it takes a talented quarterback to win, without a strong offensive line, all is lost. Yet, little credit goes to those mostly anonymous five men on the line.



Even Peyton Manning is only as good as his teammates. GETTY IMAGES

Although I ran the Gobi desert alone, dozens of friendly volunteers catered to all the runners' well-being. Back home, I had my own offensive line, one that for six months prior supported and got me to the point where I was able to lace up. My offensive line was fortified with hundreds of financial pledgers, sponsors, well-wishers, my 10 business partners, six medical specialists, two mentors, one trainer and most of all, my family. Each family member, particularly my spouse, took on a greater share of home responsibilities which in turn enabled me to prepare and train adequately so that all that was left to do was to run.

Be it in football or desert running, while leading a big project, or in life, nothing can be accomplished without a strong offensive line. And for many, it starts with family.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Tame office mess for less stress

Working life. Tidying up and being tech smart can relieve anxiety

Does your workplace stress you out? It may not be the everyday tasks, projects and deadlines, but rather the physical environment.

Maybe your desk is too messy, or your colleagues are too loud. Perhaps your boss is always looking over your shoulder, the dated technology gives you anxiety or you can't stand the fluorescent lights.

If any of these resonate with you, there's a chance that your physical workplace is affecting your attitude and performance.

According to the recent Connected Workplace report, commissioned by Rogers Communications and conducted by Harris/Decima, 76 per cent of Canadians believe technology helps them to be more efficient and productive at their job.

Earning your bread and butter is easier without the clutter. ISTOCK

And 30 per cent of respondents report that staying connected to their work with mobile technology helps them to enjoy a healthier work/life balance.

Creating a stress-free environment for you and your team can pay off big time. Whether you are an executive, manager or team member, you can have an impact on the stress level of your co-workers by using technology and other techniques.

Here are three ways to do this every day of the week:

Keep your workspace clean and organized. Clear all the clutter around your desk. File away completed projects. Digitize printed documents. Recycle or shred anything that you do not need a copy of.

Use technology. Modern technology has changed the way we do business. There are numerous tools that allow people to collaborate and share from anywhere, like interactive calendaring and video conferencing.

Be a good communicator. Sixty per cent of those surveyed believe smartphones and tablets have a positive effect on workplace communication. Stay productive with file sharing tools and mobile worker solutions and devices.

NEWS CANADA

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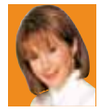
WE'RE OUT THERE. JOIN US.

Skip fatty pastas and discover hearty warmth in Mussels over Soba Noodles

This Orange Black Bean Sauce with Mussels Over Soba Noodles recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

During the colder months, there is nothing more comforting than a hearty pasta dish.

But we're all tired of spaghetti with meat sauce and the calories and fat from traditional fettuccine alfredo is just not worth it.

So I decided to take nutritional soba noodles with readily available mussels and make an Asian dish. The combination of flavours makes this dish sensational.

Soba noodles are the Japanese version of pasta but made with buckwheat flour, which gives it the nutty flavour and texture. These noodles contain double the fibre that is in white flour pasta.

Be sure to buy the freshest mussels you can. Mussels contain more than nine times the vitamin B12 of beef and over eight times the iron of chicken. As well, they have more omega-3 fatty acids than all other shellfish. You can substitute clams, shrimp, scallops or squid for the mussels, or try a combination of seafood.

You'll find black bean sauce in the Asian section of your supermarket. It is a rich robust sauce using fermented Chinese black beans, garlic, sugar and soy sauce. Kikkoman makes a great black bean sauce and you use it straight from the bottle. Don't buy fermented black beans, which are too intense for this dish.

You can actually prepare the sauce and vegetables early in the day and complete the recipe just before serving.

I often make the sauce in advance and keep it in the refrigerator for up to a week.

It also is a great dipping sauce for satays or rice paper rolls, but just omit the cornstarch.

This is a quick one-pot dish that gives you your protein, complex carbs and vegetables.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1 cup orange juice
- 3 tbsp honey
- 3 tbsp black bean sauce
- 1 1/2 tbsp cornstarch
- 6 oz soba noodles
- 2 tsp vegetable oil
- 1 cup sliced onions
- 1 1/2 cups thinly sliced red bell peppers
- 1 cup thinly sliced green bell peppers
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 2 lb fresh mussels, cleaned
- 1/2 cup chopped fresh cilantro or parsley

Directions

1. Combine the orange juice, honey, black bean sauce and cornstarch and mix until smooth.

2. Bring a pot of water to a boil. Add the soba noodles and boil for 5 minutes until tender. Drain and set aside.

3. In a non-stick wok or large saucepan sprayed with vegetable spray, heat the oil over medium-high heat. Add the onions and cook for 3 minutes or until lightly browned. Add the red peppers, green peppers, garlic and ginger and cook for 3 minutes.

4. Add the sauce and mussels to the vegetables. Cover and cook for about 3 minutes just until mussels open. (Discard any that do not open).

5. On a serving platter, arrange the noodles and pour the mussel mixture overtop. Garnish with cilantro and serve immediately. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving	
• **Calories.** 562	• **Total fat.** 6.9 g
• **Carbohydrates.** 62.5 g	• **Saturated fat.** 1.7 g
• **Fibre.** 3.7 g	• **Cholesterol.** 87 mg
• **Protein.** 33.3 g	• **Sodium.** 880 mg

Tart, sweet and sour in every bite

Thai menus always feature this sweet and savoury salad.

For the traditional version, the key is finding an unripe mango, one that is firm.

This offers a crunchy, juicy, tart, sweet and sour taste all in one bite.

But a ripe mango makes for a delicious, sweeter and equally good salad.

This salad is perfect to serve alongside a soba noodle dish.

1. To make the salad, place the mango, red pepper, onion, mint and cilantro in a serving bowl.

2. To make the dressing, whisk together the soy sauce, lime juice, sesame oil, fish sauce and brown sugar in a small bowl. Stir in the jalapeño, garlic and ginger.

3. Pour the dressing over the salad and toss. Garnish with cashews. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Salad
- 1 large green (unripe) mango, thinly sliced
- 3/4 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red onion
- 1/4 cup chopped fresh mint
- 1/4 cup chopped cilantro

Dressing
- 1 tbsp low-sodium soy sauce
- 1 tbsp lime or lemon juice
- 2 tsp sesame oil
- 1 1/2 tsp fish (or oyster) sauce
- 2 tsp brown sugar
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/4 cup chopped toasted cashews

This Green Mango Red Pepper Salad with Fresh Mint serves four. ROSE REISMAN

SPORTS 4

When in Doughty ...

Let Drew do it.

Blue-liner's pair propels Canada past Finns to finish off preliminaries

Canadian forward John Tavares celebrates Drew Doughty's overtime goal against Finland's Tuukka Rask at Bolshoy Ice Dome on Sunday. BRUCE BENNETT/GETTY IMAGES

Team Canada coach Mike Babcock understood that beating Finland in regulation would have meant a favourable quarter-final matchup against either Slovenia or Austria, and he didn't take too kindly to being asked if he would have preferred that.

Not long after needing overtime to beat Finland 2-1 Sunday night at Bolshoy Ice Dome, Babcock leaned into the microphone and sharpened his tone.

"Do you think we didn't try to do that?" he said. "They tried to win, we tried to win."

Babcock looked over at Finnish coach Erkka Westerlund and asked: "You were trying to win, weren't you?"

Westerlund replied simply: "Yes. Congratulations."

The congrats came after Drew Doughty's goal 2:32 into OT and Canada finished atop Group B with eight points. But by failing to win in regulation, the Canadians made their path to a gold medal more difficult, as they'll face either stingy Switzerland or plucky Latvia in the quarter-final Wednesday.

"I think it's hokey when you're trying to pick your spots and trying to avoid teams," Babcock said. "You've got to beat the best to be the best. We came here to be tested, not not to be tested. To win an Olympic gold medal, you should have to battle incredibly hard to make that happen."

As players stepped off the ice, most didn't know what matchup they were getting next. Forward Matt Duchene said upon hearing it would be Switzerland or Latvia, "That's news to me."

"Just strictly play the game," said Doughty, who had both of Canada's goals, including one on the power play 13:44 into the first period. "Just get the win.... We don't care who we face."

Group B

Canada	Finland
2	1

The Canadians spent much of the night on the outside of the wider, international ice surface as the Finns clogged up the middle. Even though Canada put 27 shots on Tuukka Rask, many of them were not from prime scoring areas.

That's due in large part to a strong effort from Finland, which made a conscious effort to frustrate Canada's stars accustomed to NHL ice.

"We were trying to keep them outside because the angles are not so good as in the NHL because of the big ice surface," Teemu Selanne said. "I think most of the game we did a good job."

Doughty, whom Los Angeles Kings and Canada teammate Jeff Carter called the most skilled player he has played with, was up for providing the offence. Other than those goals though, the super-talented Canadian forwards struggled to produce much.

Duchene blamed the ice, which is 15 feet wider than in the NHL.

"It's the nature of this game, this international game," he said. "This is why the NHL should never go to a big ice, it'll take the scoring out of the game. You're able to play way more defensive on the big ice."

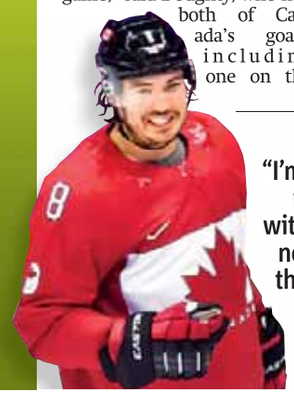
Canada will probably have to do a lot of things better in the coming days to avoid early elimination. If the Canadians get past the quarter-finals, a potential showdown with the unbeaten and impressive Americans awaits in the semi-finals.

There are still plenty of wrinkles to iron out, but forward John Tavares is confident he and his teammates will be ready.

"Ready or not," he said, "we've got to go."

THE CANADIAN PRESS

Drew on cue



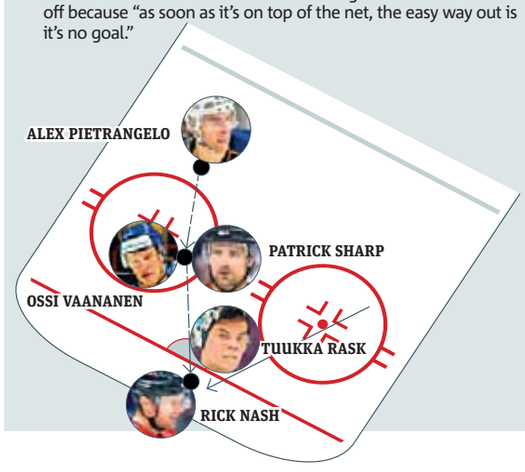
"I'm ready to go. I'm used to the ice sheet. I'm used to playing with these guys. I'm just excited now. I forget about everything that's going on around me and I'm just focused on my game and having fun."

Drew Doughty, who is thriving on the larger international ice surface in his second Olympic Games.

Meshed up

A day after Russia had a goal taken away against the U.S. because the net was slightly off its moorings, Canada had a bizarre goal wiped out against Finland.

- Alex Pietrangelo's shot hit Finnish defenceman Ossi Vaananen's stick, popped into the air and landed on top of the net behind Tuukka Rask. Rick Nash swatted the top of the net to dislodge it and it bounced in behind Rask.
- Officials determining it was no goal because of a high-stick. IIHF rules state that a goal is disallowed "if an attacking player contacted the puck with the stick above the crossbar."
- The IIHF case book says "if the player knocked the puck off without a high-sticking infraction and he was not in the goal crease at the moment the puck dropped into the crease, the goal shall be allowed."
- Canada coach Mike Babcock said he thought it would be waved off because "as soon as it's on top of the net, the easy way out is it's no goal."



Bronze medal eases his pain

Canada's Jan Hudec skis in the men's super-G at the Sochi Winter Olympics in Krasnaya Polyana, Russia, Sunday.
JONATHAN HAYWARD/THE ASSOCIATED PRESS

Super-G. Jan Hudec fields his Olympic dream by reaching podium, the first Canadian alpine skier to do so since 1994

A high pain threshold and the fervent belief he had more to accomplish in ski racing put an Olympic medal around Jan Hudec's neck.

With bone grinding on bone in his right knee and an aching back that had him bedridden just a few weeks ago, the 32-year-old Calgarian won bronze in Sunday's super-G for Canada's first Olympic alpine ski medal since Ed Podivinsky's downhill bronze in 1994.

Seven knee surgeries — six on the right and one on the left, and four of them full-on reconstructions — stalled Hudec's racing career several times between 2003 and 2010.

"It's a story of perseverance and patience and humility sometimes," Hudec said.

"A silver lining is bronze today."

Kjetil Jansrud won the fourth straight Olympic super-G gold medal for Norway in a time of one minute 18.14 seconds. Jansrud also won bronze in the downhill. Andrew Weibrecht of the United States was the super-G silver medallist .30 seconds back of Jansrud.

Hudec actually tied for third with American veteran Bode Miller, the oldest alpine skier to medal at 36, in 1:18.67.

The Canadian joked he would rather have shared gold before adding sincerely he wished he shared the podium with one of his teammates.

"As long as they don't give me just half the medal I'm fine with it," Hudec quipped.
THE CANADIAN PRESS

Other Canadian results

Morgan Pridy of Whistler, B.C., was 10th on Sunday and Manuel Osborne-Paradis of Invermere, B.C., tied for 24th.

- Erik Guay of Mont-Tremblant, Que., who was the top Canadian in the downhill last week, was disqualified from the super-G.

Ice dance

Virtue, Moir trailing rivals after short dance

The moment the music ended, Scott Moir turned and skipped across the ice, dancing to his own impromptu bit of choreography. He scooped partner Tessa Virtue off her feet and buried his face in her shoulder.

While the moment was exactly what Moir and Virtue had been hoping for, the marks, however, were not.

Canada's defending Olympic ice dance champions finished second in the short dance Sunday at the Sochi Games after laying down a virtually flawless performance.

"That was more like it. I said to Tessa right after we finished, 'That's the skate we'd been having in practice,' and to do that on this stage, it felt pretty good," Moir said.

Virtue, from London, Ont., and Moir, from Ilderton, Ont., scored 76.33 to finish 2.56 points behind American rivals Meryl Davis and Charlie White. The Americans' mark was a world short-program record. THE CANADIAN PRESS

Snowboard cross.

Failure fuels Maltais' drive to Sochi success

Dominique Maltais felt the joy of Olympic success eight years ago and the crushing blow of failure four years later.

She used that painful feeling to propel her back to the Olympic podium at the Sochi Games.

Maltais survived a wild semi-final run and came through with a strong effort in the final to win a silver medal Sunday at Rosa Khutor Extreme Park. The performance erased any lingering disappointment from that early exit in Vancouver in 2010.

"I decided to have revenge and show the world how good I can be and how fast I can be on the course," Maltais said. "The last four years I have been improving myself and focusing to get faster on that kind of track just for today.

"I made it happen today so I'm really, really happy."

Eva Samkova of the Czech Republic was dominant in her heats and never trailed in the final. France's Chloe Trespeuch was third.

Defending champion Maëlle Ricker of West Vancouver, B.C., went down in the quarter-finals after trying to make a pass on a turn. She did well just to make it to Sochi after undergoing wrist surgery a few weeks ago.

Maltais won bronze at the Turin Games when snowboard cross made its Olympic debut. She was a contender heading into Vancouver but a training crash left her battered and she didn't advance to the elimination heats.

The 33-year-old rider from Petite-Rivière-St-François, Que., completely changed her routine after the experience with one goal in mind — redemption in Sochi.

Maltais became more proactive in all areas of her snowboarding. She changed her diet, workout regimen and training plans. THE CANADIAN PRESS

Dominique Maltais THE CANADIAN PRESS

MEDALS

Through Sunday's Events (55 of 98 medals)

Nation	G	S	B	Total
Netherlands	5	5	7	17
Russia	4	7	5	16
United States	4	4	8	16
Norway	5	3	6	14
Canada	**4**	**6**	**4**	**14**
Germany	7	3	2	12
Sweden	2	5	2	9
Switzerland	5	1	1	7
Austria	2	4	1	7
France	2	0	4	6
China	3	2	0	5
Japan	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4

WHAT CANADA DID

SUNDAY

ALPINE SKIING

Men's Super-G — Jan Hudec, Calgary, tied for **bronze medal** (one minute 18.67 seconds); Morgan Pridy, Whistler, B.C., 10th (1:19.19); Manuel Osborne-Paradis, Vancouver, 24 (1:20.19); Erik Guay, Mont-Tremblant, Que., disqualified.

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton, rank fourth after the opening two runs (1:53.26); Chris Spring, Calgary, and Jesse Lumsden, Burlington, Ont., eighth (1:53.43); Lyndon Rush, Humboldt, Sask., and Lascelles Brown, Calgary, ninth (1:53.48).

CROSS-COUNTRY SKIING

Men's 4x10 kilometre relay — Canada (Len Valjas, Toronto; Ivan Babikov, Canmore, Alta.; Graeme Killick, Fort McMurray, Alta.; Jesse Cockney, Canmore, Alta.) placed 12th overall (one hour 33 minutes 19.0 seconds).

CURLING

Women — Canada (8-0) defeated the U.S., 7-6 in an extra end to clinch first place with one game remaining in the round robin.

Men — Canada (7-2) earned a berth in the semifinals after beating the U.S. 8-6, and 9-8 over China in an extra end.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., rank second after the short program (76.33 points); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont., seventh (65.93); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 18 (55.91).

HOCKEY

Men — Canada (2-1-0-0) ended the preliminary round with a 2-1 overtime win over Finland.

SNOWBOARDING

Women's snowboardcross — Dominique Maltais, Petite-Riviere-St-Francois, Que., **silver medal**; Maelle Ricker, West Vancouver, B.C., did not advance after failing to finish in her quarter-final heat.

SPEEDSKATING (LONG TRACK)

Women's 1,500 — Kali Christ, Regina, 16th (1:58.63); Christine Nesbitt, London, Ont., 17 (1:58.67); Brittany Schussler, Winnipeg, 26 (2:00.65); Brianne Tutt, Airdrie, Alta., 35 (2:03.69).

CURLING

All Times Eastern

MEN

Sunday's results
Canada 8 United States 6
Norway 7 Britain 6
Sweden 8 Russia 4
Canada 9 China 8 (extra end)
Denmark 6 Germany 3
Norway 5 Switzerland 3
Sweden 6 United States 4
Saturday's results
Canada 7 Britain 5
China 9 Russia 6
Sweden 8 Germany 4
Switzerland 9 Denmark 3
Monday's games
China vs. Britain, 7 a.m.
Germany vs. Russia, 7 a.m.
Switzerland vs. United States, 7 a.m.
Norway vs Denmark, 7 a.m.
End of Round Robin

WOMEN

Sunday's results
Canada 7 United States 6 (extra end)
Denmark 7 South Korea 4
Japan 9 Switzerland 7
Sweden 5 Russia 4
Saturday's results
Britain 10 South Korea 8
Canada 8 Japan 6
China 7 Sweden 6
Sweden 7 United States 6
Canada 5 Russia 3
Denmark 9 China 6
Switzerland 8 Britain 6
Monday's games
Russia vs. Britain, 12 a.m.
South Korea vs. United States, 12 a.m.
Japan vs. China, 12 a.m.
Canada vs. South Korea, 10 a.m.
China vs. Switzerland, 10 a.m.
Denmark vs. Britain, 10 a.m.
Sweden vs. Japan, 10 a.m.
End of Round Robin

HOCKEY

MEN

PRELIMINARY ROUND

Group A

	GP	W	OTW	OTL	L	GF	GA	Pt
x-U.S.	3	2	1	0	0	15	4	8
Russia	3	1	1	1	0	8	5	6
Slovenia	3	1	0	0	2	6	11	3
Slovakia	3	0	0	1	2	2	11	1

Group B

	GP	W	OTW	OTL	L	GF	GA	Pt
x-Canada	**3**	**2**	**1**	**0**	**0**	**11**	**2**	**8**
x-Finland	3	2	0	1	0	15	7	7
Austria	3	1	0	0	2	5	17	3
Norway	3	0	0	0	3	3	12	0

Group C

	GP	W	OTW	OTL	L	GF	GA	Pt
x-Sweden	3	3	0	0	0	10	5	9
Switzerland	3	2	0	0	1	2	1	6
Czech Rep.	3	1	0	0	2	6	7	3
Latvia	3	0	0	0	3	5	10	0

x — advances directly to quarter-finals

Sunday's results
Austria 3 Norway 1
Canada 2 Finland 1 (OT)
Russia 1 Slovakia 0 (SO)
United States 5 Slovenia 1
End of Preliminary Round
Saturday's results
Slovenia 3 Slovakia 1
Sweden 5 Latvia 3
Switzerland 1 Czech Republic 0
United States 3 Russia 2 (SO)

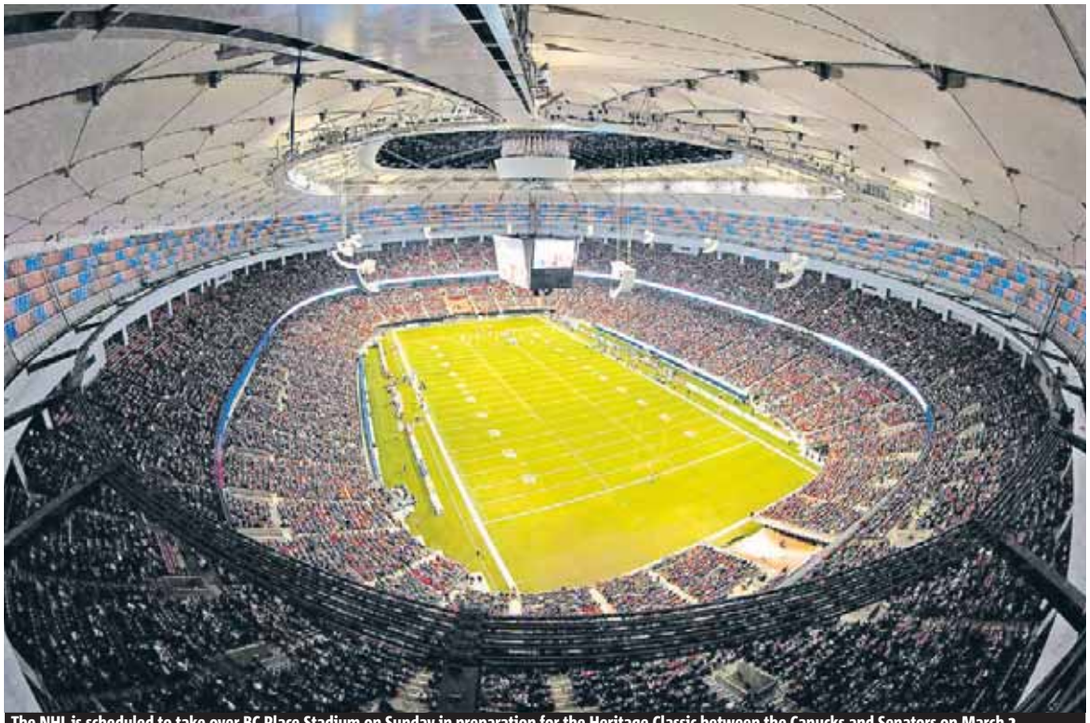
WOMEN

Playoffs
Monday's games
Semifinals — All Times Eastern
U.S. vs. Sweden, 7:30 a.m.
Canada vs. Switzerland, 12 p.m.

Time is of the essence in setting up stadium game

Heritage Classic. NHL's other outdoor games have had more time to set up than what is allotted at BC Place Stadium

CAM TUCKER
cam.tucker@metronews.ca



The NHL is scheduled to take over BC Place Stadium on Sunday in preparation for the Heritage Classic between the Canucks and Senators on March 2. THE CANADIAN PRESS FILE

The National Hockey League will soon be on the clock preparing BC Place Stadium for the Heritage Classic, with a reduced number of working days.

The league will officially take over BC Place on Sunday — only six days before the Heritage Classic game between the Vancouver Canucks and Ottawa Senators in what is the last of six stadium games for the NHL this season. The aforementioned time frame differs from the typical setup time the league has for an outdoor or stadium game.

According to Don Renzulli, the NHL's executive vice-president of events, the league has been trying to work something out with organizers of the BC Home and Garden Show — which runs from Wednesday to Sunday — to perhaps begin moving into BC Place at least two days prior to the actual move-in day.

The shortened time frame theoretically creates a greater challenge in constructing the rink, ice and overall set-up of the stadium. Renzulli is hoping around-the-clock work with split crews and the benefit of a retractable roof will help quash any obstacles.

"We're going to work 24/7. Plus we have the roof on the stadium, so we'll close that so we don't have to deal with the elements," Renzulli said in a phone interview last week.

Whether the roof remains closed or is opened for the game is an issue that remains up in the air. The greatest factor in that decision is the weather.

In December, when the league held a massive media event at the stadium to drum up excitement for the Heritage Classic, the roof was open on a sunny but crisp late-autumn day. Temperatures hovered right around the freezing mark and the wind swirling at field level made it feel even colder — like hockey outdoors in the winter.

"We want it open," said Renzulli.

"I don't think we're going to get snow. And we can handle temperature. So it comes down to either rain or the sun being in the wrong spot at the wrong time."

Quoted

"We want (the roof) open.... So it comes down to either rain or the sun being in the wrong spot at the wrong time." Don Renzulli, the NHL's executive vice-president of events

CFL

Lions' signing a homecoming for veteran linebacker

Last week, after several unsuccessful attempts to land prized free agents, B.C. Lions general manager Wally Buono cited geographical convenience as a reason some players elected to sign elsewhere in the Canadian Football League instead of Vancouver.

On Friday, the Lions announced their first signing of free agency. Linebacker Jamall Johnson returns to B.C. for his second stint with the local team. Talk about geographical convenience. Johnson, originally from Norco, La., now makes his home in Burnaby.

He began his CFL career in Vancouver in 2005, after the Lions acquired his rights from the Calgary Stampeders. Mixed in between that and Friday's announcement is Johnson's attempt to gain employment in the National Football League followed by a return north of the border and five seasons with the Hamilton Tiger-Cats.

In signing with the Lions, he comes back to the city he calls home. And B.C. adds experience and depth at the linebacker position.

"Players are going to choose places to play on more than just football," said Buono on Friday. "And this is a perfect example of this."

Johnson will be 32 years old in October. This will be his 10th season in the league. He'll join a group of linebackers that includes all-stars Solomon Elimimian and Adam Bighill, but likely won't be an every-down player.

Johnson said other teams had presented him opportunities to be a starter, yet he accepted a position as a role player in B.C.

"Whatever my role is going to be, I'm going to embrace it," he said.

CAM TUCKER/METRO

Jamall Johnson TORSTAR NEWS SERVICE FILE

MLB. Dempster won't play 2014 season

Ryan Dempster GETTY IMAGES

Boston Red Sox right-hander Ryan Dempster plans to take this season off, a decision that surprised teammates and will cost the 16-year veteran $13.25 million in salary.

The native of Gibsons said Sunday he is stepping away for physical reasons and to spend more time with his family. But he left a slight opening to play in 2015.

"I had an incredible run, a chance to play 16 years in the major leagues and be around a lot of great teammates, made a lot of good friendships, great friendships," Dempster said.

Dempster, whose contract expires after this season, finished his only year with the Red Sox with an 8-9 record and a 4.57 ERA and didn't get a start during their post-season run to a World Series title. THE ASSOCIATED PRESS

Blake Griffin throws down a dunk during the NBA All-Star game on Sunday night. GETTY IMAGES

East bests West in NBA All-Star game

Carmelo Anthony made an All-Star record eight three-pointers and scored 30 points, and the Eastern Conference overcame Kevin Durant, Blake Griffin and the Western Conference for a 163-155 victory Sunday night.

Durant and Griffin each finished with 38 points, four shy of the NBA All-Star game record set by Wilt Chamberlain in 1962. But the East scored the final 10 points to pull out a game they trailed by 18.

Kyrie Irving had 31 points and 14 assists and was voted the game's MVP for the East, which snapped a three-game losing streak. LeBron James had 22 points, seven rebounds and seven assists.

Griffin shot 19 of 23, while Durant finished with 10 rebounds and six assists.

Toronto Raptor DeMar DeRozan scored eight points playing for the East.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Once the Sun changes signs tomorrow, you will be less concerned about what's taking place in the world and more concerned about what's going on inside your head. It's good to think and you'll be doing plenty over the next few days.

♉ Taurus
April 21 - May 21
People in authority favour right now you and because of that you can get away with most things but as of tomorrow they'll expect you to become a team player.

♊ Gemini
May 22 - June 21
The Sun in Aquarius in recent weeks has done wonders for your confidence and that's great but now you are about to be tested. Important people are watching you closely, so put on a show.

♋ Cancer
June 22 - July 23
Try not to put yourself under pressure as the new week begins. The Sun's change of signs tomorrow will give your energy a boost but it's not an invitation to go to extremes, in your work or personal life.

♌ Leo
July 24 - Aug. 23
If you need to make changes to a partnership do so today because once the Sun begins a new cycle tomorrow it won't be so easy. If you negotiate changes now, you won't have to pay too much for them.

♍ Virgo
Aug. 24 - Sept. 23
Loved ones will go along with almost anything you suggest today, but only if you are polite and ask them what they think about it first.

♎ Libra
Sept. 24 - Oct. 23
Are the good times about to end? Will you have to pay for the easy ride you've had in recent weeks? No, but as of tomorrow you may have to make more of an effort to get what takes no effort today.

♏ Scorpio
Oct. 24 - Nov. 22
The good times may have been avoiding you of late but in a matter of days, your luck will improve a hundredfold. The Sun's change of signs tomorrow marks the start of the most dynamic and creative time of the year.

♐ Sagittarius
Nov. 23 - Dec. 21
If you allow others to order you around they will get the impression that you are weak and will make your life a misery every chance they get. Don't let that happen.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun leaves the financial area of your chart tomorrow but you still need to take care of your money. If you let down your guard, someone will try to part you from your cash.

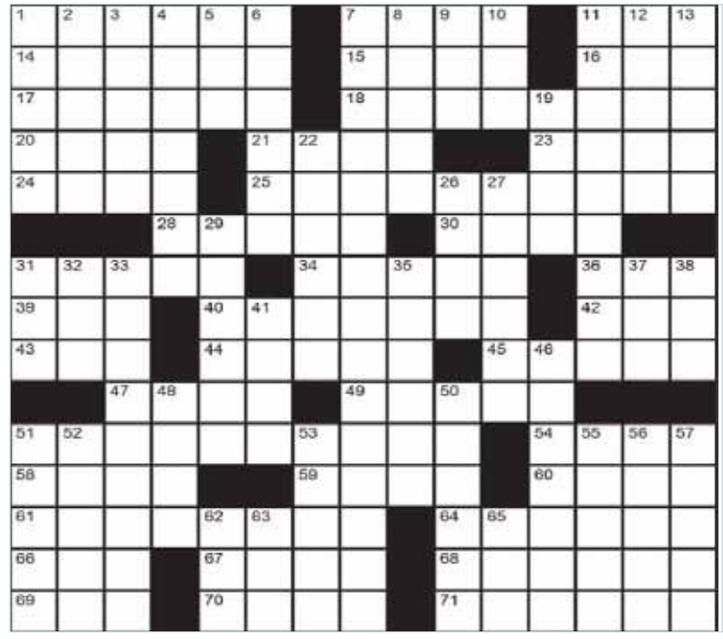
♒ Aquarius
Jan. 21 - Feb. 19
You may try to rush through as many changes as possible before the Sun leaves your sign tomorrow but that would be a mistake. What's done is done and what isn't done by now is probably not worth doing.

♓ Pisces
Feb. 20 - March 20
Your self-confidence may have taken a dive in recent weeks but when the Sun moves into your sign tomorrow you will get the lift you need and soon you'll soar. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

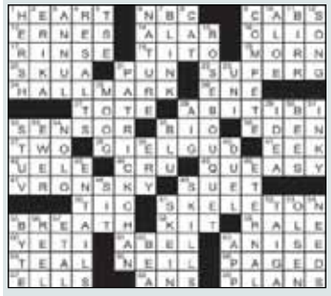
BY KELLY ANN BUCHANAN



Across
1. Like a god
7. Pro bono TV spots, commonly
11. Craze
14. Greece: Aegean Sea island
15. 'Synth' suffix
16. Flurry
17. "...pain, __ __." (Bodybuilder's mantra)
18. Amulet
20. PayPal co-founder Mr. Musk
21. Keener, say
23. Baseball's Mr. Martinez
24. Office table
25. "They paved paradise / And put up a __ __..." - Joni Mitchell
28. __ _ store (Do retail)
30. Prying, variantly
31. "Wow!!!"
34. Finish, put __ __ to
36. Soft & __ (Anti-perspirant brand)
39. Ooh's counterpart
40. Support garments
42. Winnie-the-Pooh writer's monogram
43. Hosp. picture
44. _ _ _-_ _ (Plasma alternative)
45. James Cameron's "The __" (1989)
47. Group of three
49. "__ __ Be Square" by Huey Lewis & The News
51. SOCHI 2014 - Canada's Tessa Virtue & Scott Moir: 2 wds.
54. President's __ Office
58. Actress, Rooney __
59. "Cast __" (2000)
60. Bathroom floor surface
61. Shakespeare magician
64. Dog breed
66. And so forth [abbr.]
67. Stat. for an absentee soldier
68. Well-__ (Rich)
69. Currency in Albania
70. Synonym of 'Auto-'
71. Some instruments

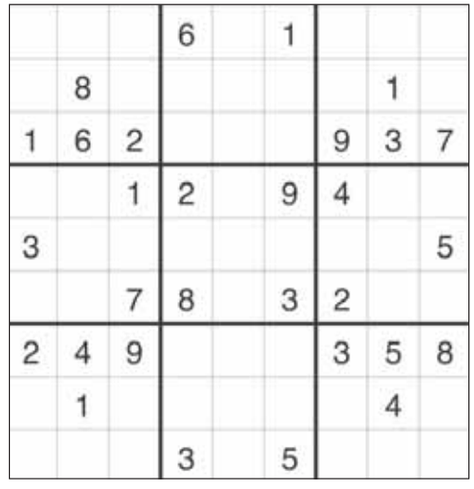
Down
1. Ate
2. School, in Sherbrooke
3. Plotter in Othello, and namesakes
4. Miss Piggy puppeteer: 2 wds.
5. Gladiator's 3
6. Type of appetizer
7. Work by Russian composer Sergei Prokofiev: 4 wds.
8. Barren
9. Garlic: French
10. __-Fi
11. Holiday on the third Monday in February in some provinces: 2 wds.
12. John Hersey's Pulitzer-winning novel, A Bell for __
13. '__ __ Disturb' sign
19. Like some silver [abbr. + pl.]
22. Duck: French
26. Ye olde rest stop
27. Acknowledges in passing: 2 wds.
29. Author/pundit, Camille __
31. Root vegetable
32. Row
33. BC city: 2 wds.
35. Oak Ridge Boys song
37. '_' __ in Regina
38. AOL exchanges
41. Computer graphic
46. Distributed-illegally product
48. Suggested amts. in nutrition
50. Hitchcock horror
51. Press onward
52. __ blanche
53. Supermodel Ms. Alt
55. European-style country home
56. Martian
57. West Yorkshire city in England
62. Not: French
63. She sheep
65. Atop, in verse

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	2	8	1	9	4	5	3	6
1	4	5	2	6	3	8	7	9
9	3	6	5	7	8	1	2	4
8	6	4	3	1	9	2	5	7
2	5	7	8	4	6	9	1	3
3	9	1	7	5	2	6	4	8
5	8	9	4	3	1	7	6	2
6	1	3	9	2	7	4	8	5
4	7	2	6	8	5	3	9	1

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